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Notes For:

Lucidology 101 Part 7

**The Timer Method: The Complete
Method For Having Lots Of OBEs &
Lucid Dreams**

See The Video For This Document!

<http://lucidology.com/101>

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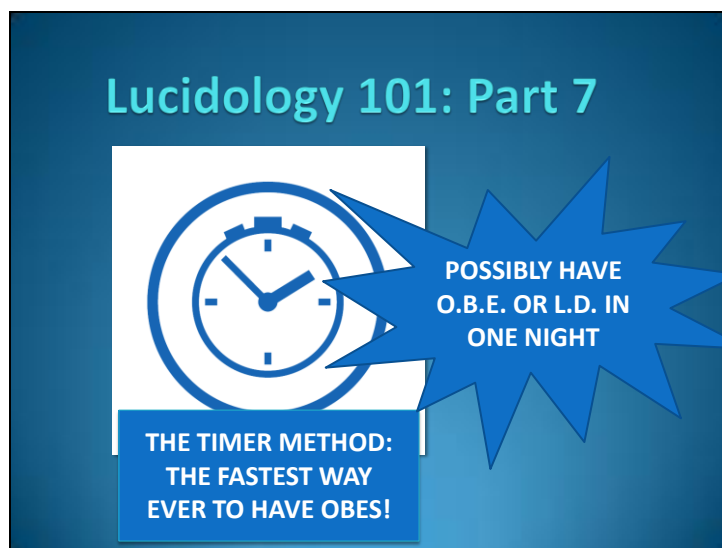
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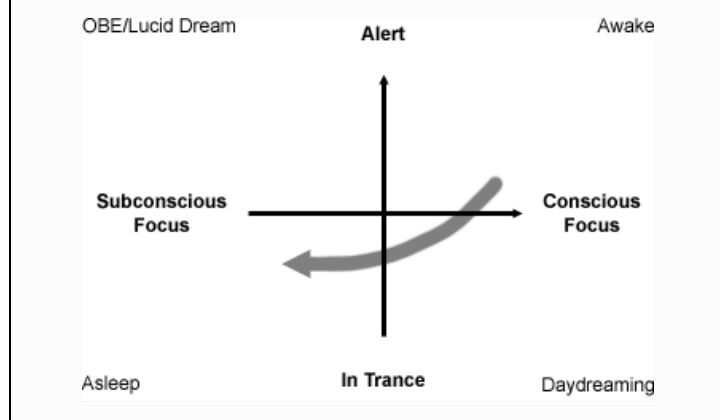


If you've ever tried to do OBEs or lucid dreams in the past but weren't able to pull it off and you were left wondering if there was something you were missing, maybe there was some secret missing piece and if you only had that missing piece that things would be a lot easier, well here it is. In this video I'm going to show you the missing piece that I wish I'd known about when I first started.



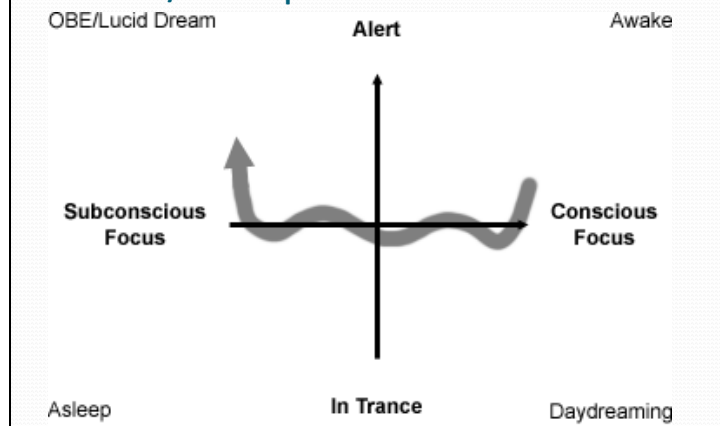
Here in Lucidology 101 Part 7 we'll cover the "timer method". This is a very powerful trick that allows you to cheat and easily trigger as many OBEs as you want. I've read pretty much every book on OBEs and I've tested every single method I could find. There really is no other method that gives faster results than this. In fact, it's possible you'll have your very first OBE the very first time you use this. That doesn't always happen, but quite a few people have written in to tell me that this was the secret that got them over the edge to start having frequent OBEs in just one night.

The Story So Far: Sleep Triggers To Fall Asleep Fast



So far we've learned to put the body to sleep as fast as you can and enter a subconscious focus. You start out awake and alert, on the upper right and end asleep and in a subconscious trance on the lower left. But what we really want looks more like this...

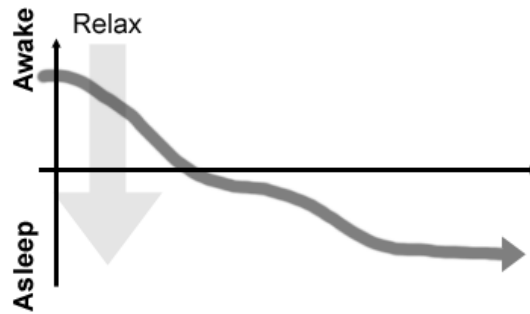
What You Want: Hover On The Awake/Asleep Threshold



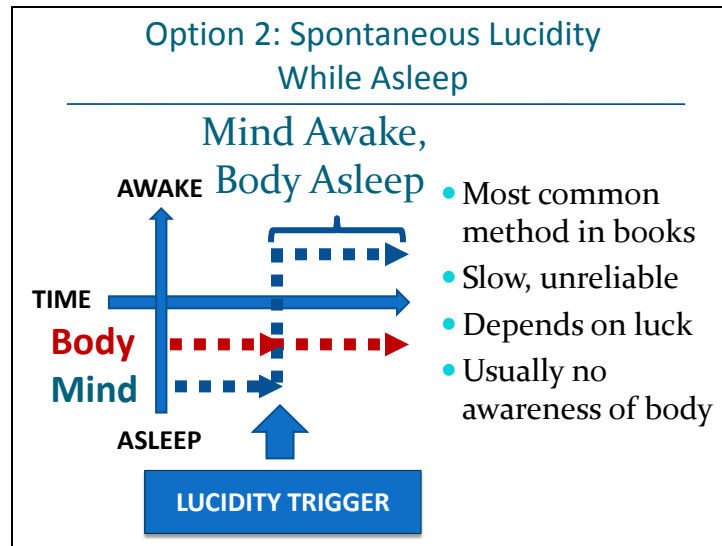
What you want is to “hover on the awake/asleep threshold” so that you slip into a subconscious focus without losing too much awareness by slipping into deep sleep. This way you retain full awareness in your subconscious.

The Main Problem With Tricking Your Body Into Falling Asleep

It's easy to fall too far asleep and miss the awake/asleep threshold



You may be thinking, “easier said than done!” because what usually happens when people try to have an OBE is they just fall asleep and that’s the end of it.



The solution most books give is to hope that you somehow magically become aware within the dream spontaneously. The idea is that by telling yourself over and over while you're awake to become lucid you'll eventually have lucid dreams just from force of habit alone. This is possible but it's very unreliable. It takes months of practice to get this to work and even when you can do it, it's always a matter of luck. You never know for sure if you're going to have an OBE on any given night.

What Can You Do That's **Reliable**?

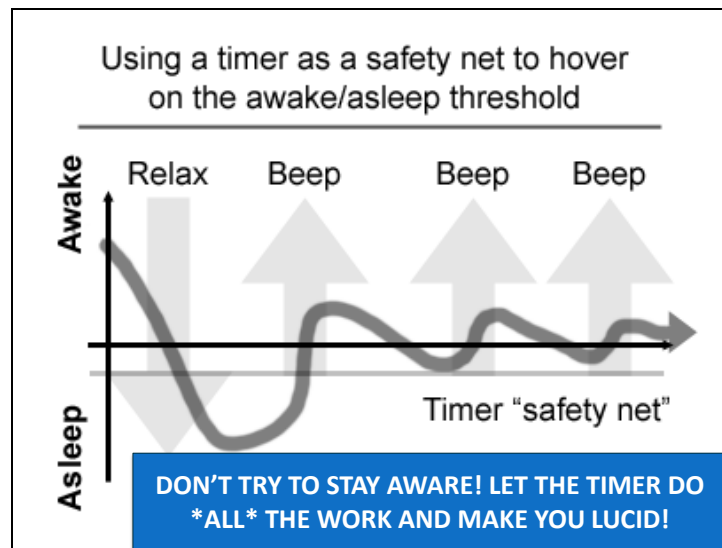
- What if you could **cheat** and *manufacture* your own lucidity trigger?

Here's the secret: what if you could cheat and manufacture your own lucidity trigger so that even if you fell completely asleep you'd still end up having an OBE?

Our Secret Weapon Cheat: The Digital Cooking Timer



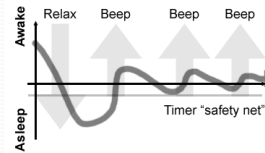
It turns out such a secret weapon does exist. It's called a digital cooking timer.



The idea is to fall asleep like normal and don't even try to stay aware. You set the timer to beep so it wakes you up a few minutes later. By waking up and falling asleep every few minutes without moving you've formed a safety net so that you don't fall too deeply asleep but enter a subconscious focus.

How To Use Hypnotic Fractionation To Have OBEs Easily

- Fractionation means you enter and exit trance repeatedly
- Each cycle causes you to go deeper
- You start to hover very close to the **awake/asleep threshold**



**ENTER AND EXIT TRANCE
OVER AND OVER**

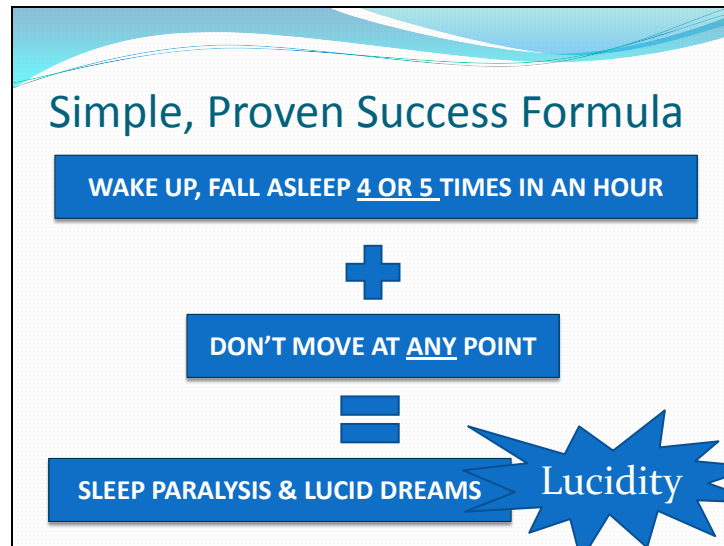
This uses a principle from hypnosis called ‘fractionation’. Hypnotic fractionation means that when you are put into trance and then are taken from that trance, the next time you enter trance you’ll enter it more deeply than before. That means that if you can enter even the slightest trance then you can enter a very deep trance just by going in and out of that trance over and over. This is how you can hover on the awake asleep threshold and ease your way into an OBE without really having to use a lot of practice or skill.

Remember The “Roll Over Word” Sleep Command” Equation:

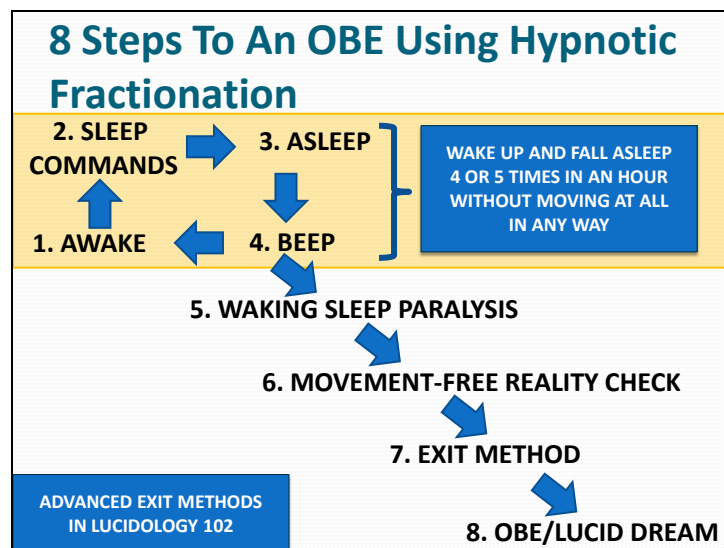
ROLL OVER SIGNAL + RELAX = SLEEP

COMBINE THAT WITH A TIMER AND YOU GET...

Remember that everything we covered earlier about the roll signal still applies. This only works when you use the timer and do not move ever at any point.



If you wake up and fall asleep 4 or 5 times in an hour without moving you'll start to have spontaneous paralysis, OBE vibrations and OBEs. However if you wake up and fall asleep twice, shift position, and then wake up and fall asleep 3 more times then it won't work nearly as well.



So here's the big picture in a nutshell. First you wake up and fall asleep 4 or 5 times without moving using a timer and the sleep commands from Lucidology 101 parts 3 and 4. This will put you in sleep paralysis. You then use movement-free reality checks which we'll cover in part 8 to check that you've shifted into a nonphysical focus. Then you use an exit method to convert

paralysis into an OBE or lucid dream. We'll cover basic exit methods in Lucidology 101 part 12 and advanced exit methods in Lucidology 102.

Timer Options

1. Cooking timer
2. Timer mp3s
3. Lucidology Flash timer

To do this you have a couple options for timers including cooking timers, timer mp3s and the Lucidology Flash timer.

Using A Digital Cooking Timer

- About \$10
- Memorize the buttons
- Move **ONLY** your thumb when resetting so you stay in paralysis



COOKING TIMER

I started out using a \$10 cooking timer and it works just fine. To use one of these, memorize the buttons so you can reset it using your thumb without looking at it. Sleep with it in one hand, move **ONLY** your thumb when resetting it and the rest of your body will stay in paralysis.

Timer MP3s

- Your free Lucidology Lucid Dream Explorer's Kit has MP3s you can download with predefined timer setups

Free MP3s!
Visit www.lucidology.com

Alternately, in your Lucidology explorer's kit you get timer mp3s that contain the predefined timer setups. To get these, visit www.lucidology.com

A More Powerful Flash Timer

Timer:

Interval 1:	8 Minutes
Interval 2:	4 Minutes
Interval 3:	8 Minutes
Interval 4:	12 Minutes
Interval 5:	16 Minutes
Interval 6:	20 Minutes
Interval 7:	20 Minutes
Interval 8:	6 Minutes
Interval 9:	0 Minutes
Interval 10:	0 Minutes
Interval 11:	0 Minutes
Interval 12:	0 Minutes
Interval 13:	0 Minutes
Interval 14:	0 Minutes
Interval 15:	0 Minutes

Timer Controls:

Start Timer
Stop And Reset
Test Volume
Silence
Timer Stopped

Predefined Timer Setups:

Load Rhythm Nap 6
Load Rhythm Nap 5
Load Rhythm Nap 4
Load Rhythm Nap 3
Load Rhythm Nap 2

When it gets to an interval set to zero it will repeat the previous interval forever.

Sounds:

Beep
Sub Dive 1
Sub Dive 2

Play Sound:

One Time
Three Times
Nine Times

If the timer isn't waking you up, using "Nine Times" makes it much more effective.

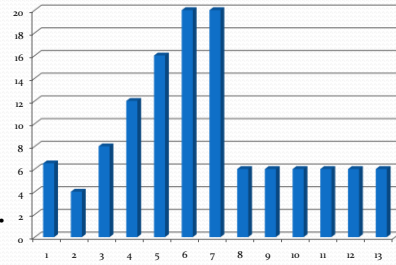
- Load on a laptop and use in your bedroom
- Comes preloaded with timer set ups

Free Timer! Visit www.lucidology.com

Finally, you can use the Lucidology Flash timer which also comes in your free Lucidology lucid dream kit. The flash timer allows you to customize your timer setup and change the intervals between the beeps however you want.

Ramp Timer Setup: The Reliable Workhorse

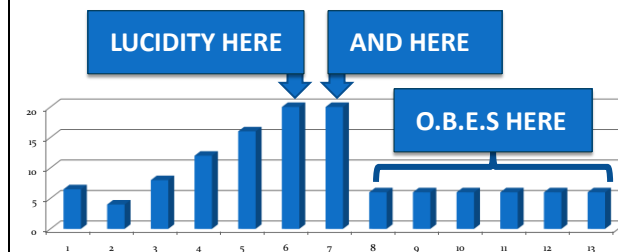
- This is what most people use
- 8, 4, 8, 12, 16, 20, 20, 6, 6, 6... minutes



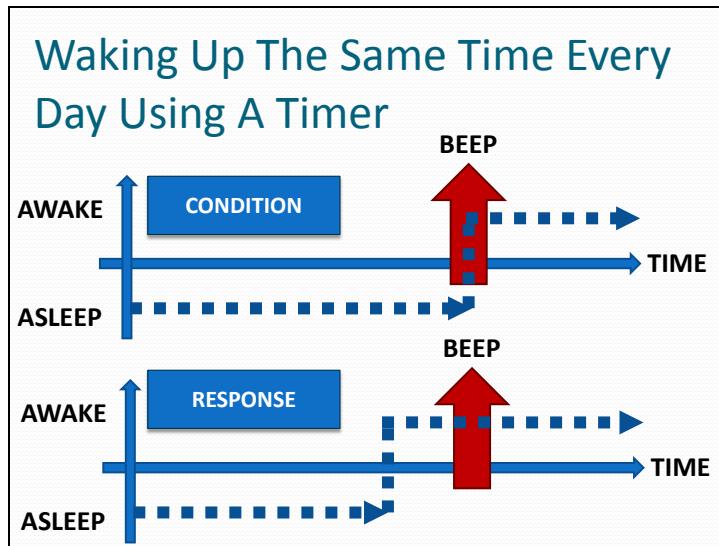
Your timer setup has a giant impact on how many OBEs you have. I've spent countless hours testing various timer setups and here is the most reliable workhorse setup. It's called "ramp" and the intervals are 8 minutes, 4, 8, 12, 16, 20, 20, and then 6 minutes repeating.

Ramp Timer Setup: What To Expect

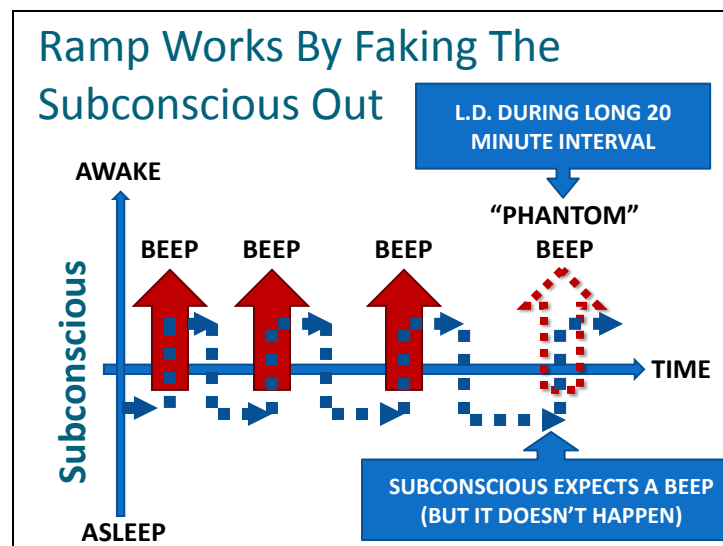
- L.D.s during long 20 minute intervals
- O.B.E.s during short intervals



Here's what you can expect when you use the ramp setup. During the middle of the 20 minute intervals you're likely to have lucid dreams and possibly spontaneous OBEs. During the tail end 6 minute intervals you're likely to have OBEs. Here's why...



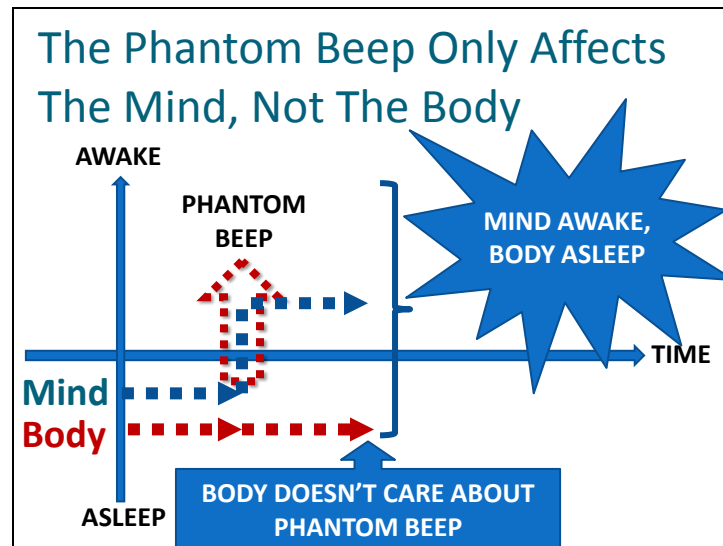
If you've ever used an alarm clock to wake up at the same time each morning you may have found that you started waking up 5 minutes before the alarm actually started beeping. You had conditioned the subconscious to expect the beep, but it does not like to be shocked awake. So its response is to wake you up **before** the beep.



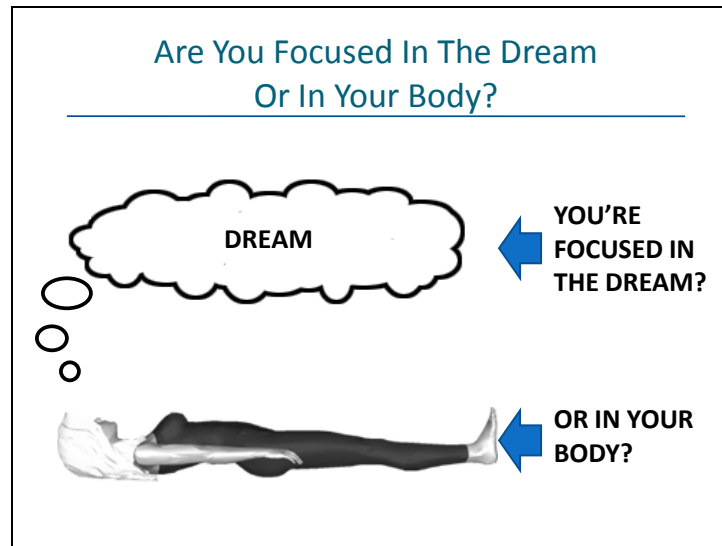
You can use this effect to your advantage by faking the subconscious out. The initial 8 minute interval is used for relaxation. After that the intervals start out short and increase in length,

going from 4 up to 20 minutes. By the time you get to the 20 minute interval your subconscious is starting to expect another beep in the next 4 to 16 minutes.

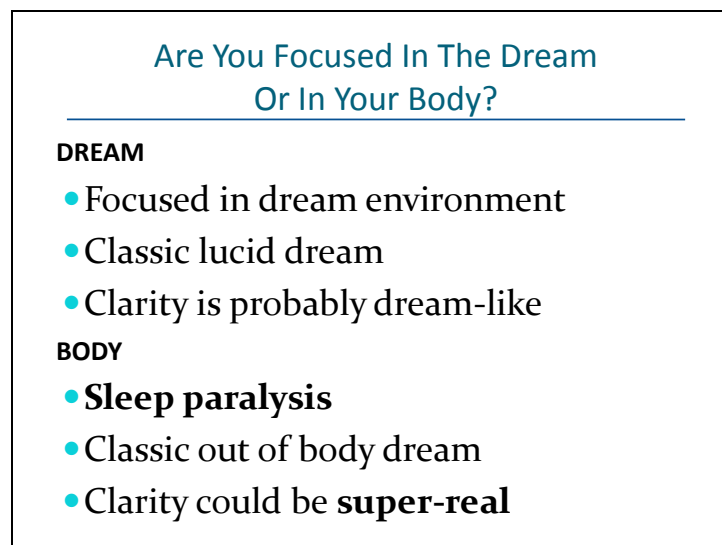
To avoid the shock the subconscious goes on alert at around 4, 8 or 12 minutes. However, during the 20 minute intervals those beeps never come. This is enough to make you become spontaneously lucid in the middle of a dream in expectation of the 'phantom' timer beep that never happens.



The phantom beep can also give you waking sleep paralysis because body continues to sleep and doesn't care about the phantom beep.

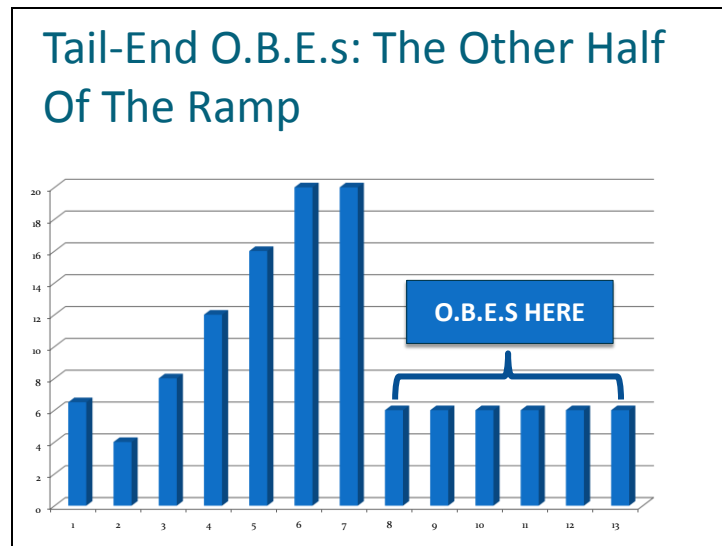


Whether you get a lucid dream or OBE from this depends on where you're focusing at the moment of the phantom beep: either in a dream or on your physical body.

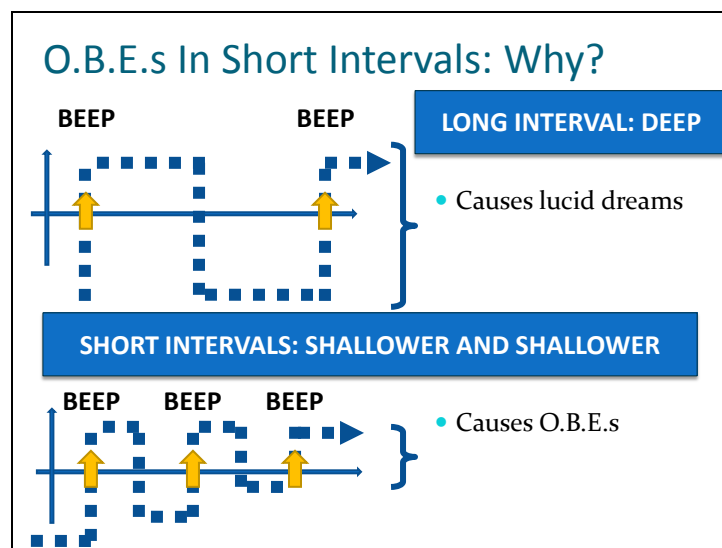


If you get a lucid dream your clarity level will likely be less than most OBEs. However lucid dreams are often a lot more fun because they often start out in some kind of strange otherworldly area which is usually more fun to explore than the nonphysical version of your physical surroundings.

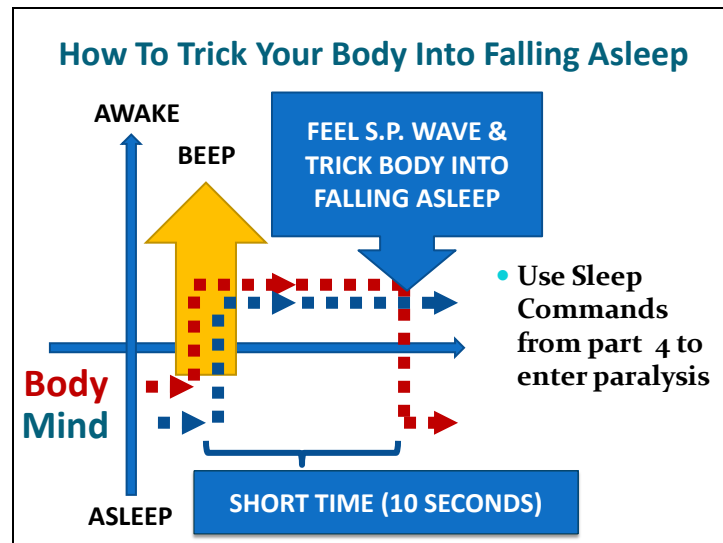
However, OBEs often have much higher clarity than lucid dreams. When you use the timer method you'll end up with plenty of each so you can decide which you prefer.



The shorter tail end intervals usually result in OBEs rather than lucid dreams. This is because of the hypnotic fractionation effect we mentioned earlier.



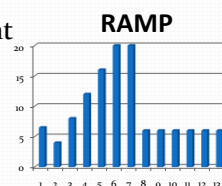
During the short intervals you don't have time to slip very deeply into sleep like you do with the long intervals. This causes you to hover much more closely on the awake asleep threshold so that when a beep comes you're more likely to have a physical focus you can use for an OBE.



This is the simplest way to trick your body into falling asleep and feel the paralysis wave. When the timer beeps, your body may wake up for a moment but as long as you stay perfectly still your body will create the paralysis wave and put itself to sleep after 5 or 10 seconds. This is also an excellent time to use the sleep triggers from Lucidology 101 part 4 to command the body into paralysis.

Trick You Can Use Tonight To Have Your 1st OBE

1. Bed at 9 PM
2. Up at 4:30 AM
3. Stay up until 5:15 AM, avoid light
4. Go back to bed, do "Stop Drop And Roll"
5. Do Ramp on 4 minute timer base, have OBEs
 - 8, 4, 8, 12, 16, 20, 20, 6, 6, 6... minutes



So here's the actual method to use to have conscious sleep paralysis for the first time or even an OBE.

- Go to bed at 9 PM
- Get up at 4:30 AM
- Stay up for 45 minutes until 5:15 AM and avoid lights
- Go back to bed and do "Stop Drop And Roll" to start to fall asleep
- At the end of S.D.R set your timer to use a ramp timer session. Fall asleep and let the timer wake you up and put you in an OBE.

Timer Method Disadvantages

1. Sleep cycle
2. False awakenings

As good as this method is it does have two drawbacks. First is your sleep cycle. The second is false awakenings.

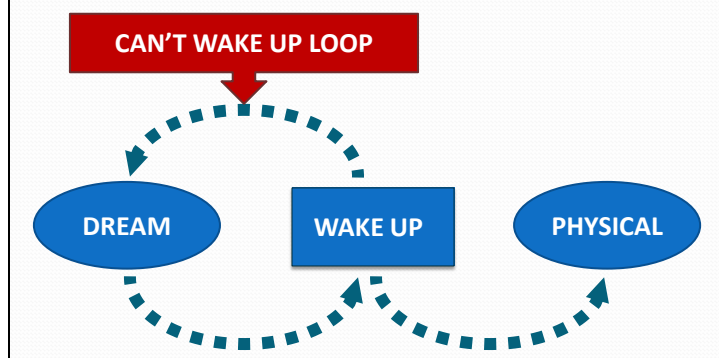
The Timer Method & Your Sleep Cycle

- Getting up early can leave you tired
- **Inductionless OBEs fix this**

SEE LUCIDOLOGY 102 PART 8 FOR DETAILS
AT WWW.LUCIDOLOGY.COM

Getting up early in the morning to do OBEs is effective but it can leave you tired the rest of the day. The solution is called “**Inductionless O.B.E.s**”. Inductionless OBEs are my favorite style of accessing the subconscious because they allow you to have OBEs without messing up your sleep cycle. This is an advanced method that we cover in Lucidology 102 Part 8.

False Awakening Loop



The second disadvantage the timer method has is actually because it's so powerful. This side effect is called a false awakening loop in which you think you wake up physically but actually wake up into another OBE. You may have to wake up several times before you really do wake up in your physical bedroom again.

How To Deal With The False-Awakening Loop?



- Need a way to take “The Red Pill”
- This is called a “reality check”
- Not just any reality check will do, we need **movement-free reality checks**

To solve this you basically need a way to take the red pill and figure out where you are and what’s going on. This is called a reality check. And not just any reality check will do, you need a movement-free reality check so that you can do it without disturbing your trance.

COMING
UP NEXT

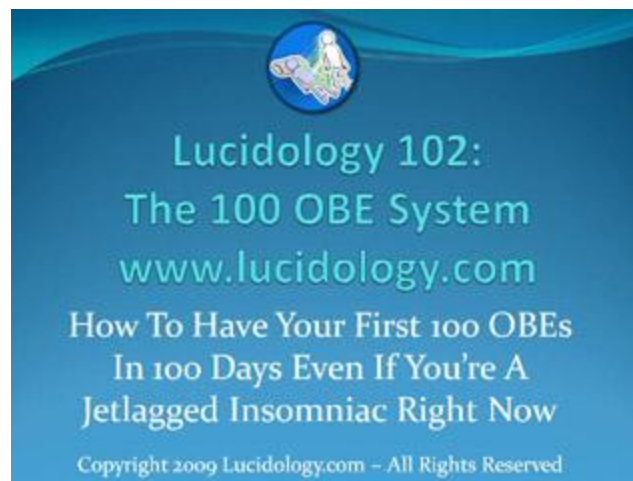
Lucidology 101 – Part 8: “The 4 Easiest Ways To Take The Red Pill”



The 4 Most Powerful Movement-Free
Reality Checks How To Tell When
You’ve Shifted Into A Nonphysical Focus

I’ve tested dozens of types of movement free reality checks and boiled them down to the 4 most reliable ones. Be sure to watch part 8 to find out what they are.

Lucidology 102: How To Have Your First 100 OBEs In 100 Days Even If You're A Jetlagged Insomniac Right Now



Hi, this is Nicholas Newport. I used have terrible insomnia and dreaded going to bed at night and having to lay there for hours... unable to sleep.

Nothing I read in books worked so I began creating my own set of tricks. Over the years I've developed a system not only for falling asleep quickly but also having extraordinary out of body experiences and lucid dreams.

Today I'd like to let you in on all my OBE induction secrets in the 100 OBE System.

In short, in the 100 OBE System you'll find out how to have your first 100 OBEs in 100 days even if you're a jetlagged insomniac right now.



Now that's a pretty big goal and you may not even think that it's possible. So here's a video to show you how 100 O.B.E.s in 100 days really is actually something you specifically can do once you have the right system.

The goal is to average 100 OBEs in 100 days. So to do that have 5, 10 or even 20 OBEs in a single session. The question is, how do you do that?

**YOU
CHEAT!**

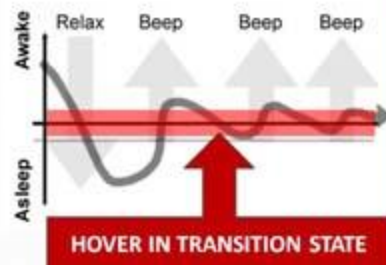
- 4 Cheating Strategies:
 1. Micro OBEs
 2. Waking OBEs (not WILDS)
 3. Trance Recycling
 4. Inductionless O.B.E.s

It's really very simple: You cheat. Here are the 4 cheating strategies we'll use in the 100 OBE System.

- Micro OBEs
- Waking OBEs - (which are very different from wake-induced lucid dreams)
- Trance Recycling
- Inductionless O.B.E.s

Ultrafast Progress: Micro-O.B.E.s

- Go in and out of your body very quickly
- Have 5 or 10 in a row



**LOTS OF TIME IN
TRANSITION
STATE BETWEEN
AWAKE & ASLEEP**

**LEARN THE
STATES &
SENSATIONS
MUCH FASTER**

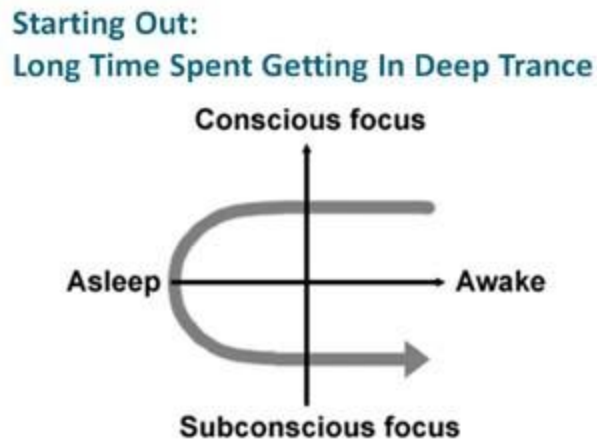
The first cheat we'll use to get 100 O.B.E.s in 100 days is called "Micro-O.B.E.s". Micro O.B.E.s are very short O.B.E.s where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few seconds in the O.B.E. then return to your body, then do another one.

So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

The more time you spend on the awake asleep threshold the faster you progress. If you only have one O.B.E in a day then you do make some progress but really not a lot. If you have two in a day you've just doubled your progress rate.

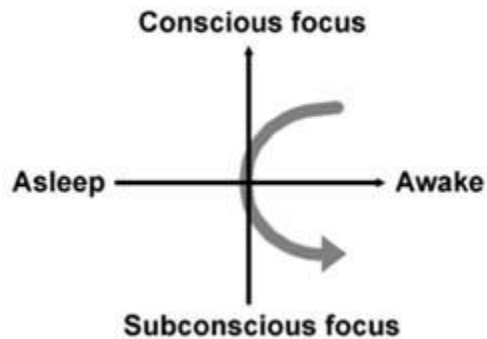


Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do this?



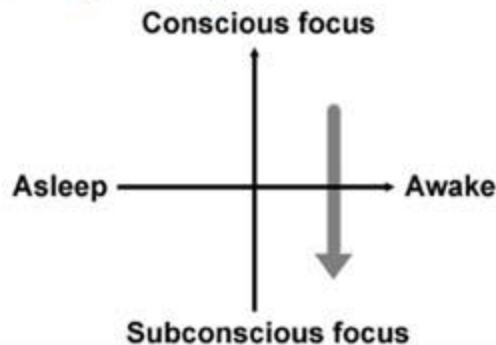
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing

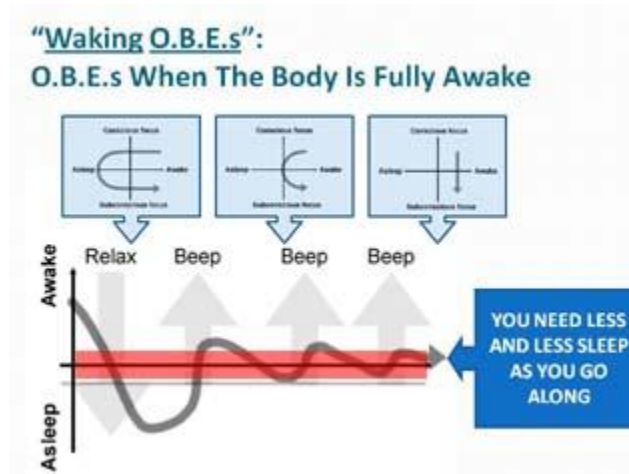


The more skilled you get the less you need to relax to access the subconscious.

Soon You Can Have An O.B.E. While The Body Is Fully Awake!

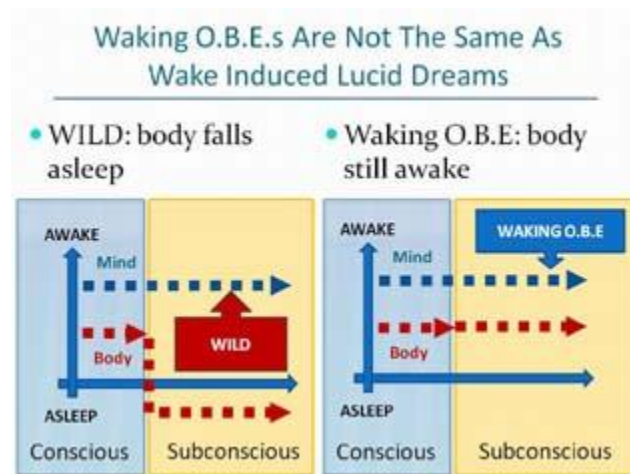


Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.



In the 100 OBE System you'll use a special type of timer setup to do the second type of cheat called "Waking OBEs". You'll start out doing your OBEs just like you did in Lucidology 101. You'll fall asleep and have an OBE on the timer beep.

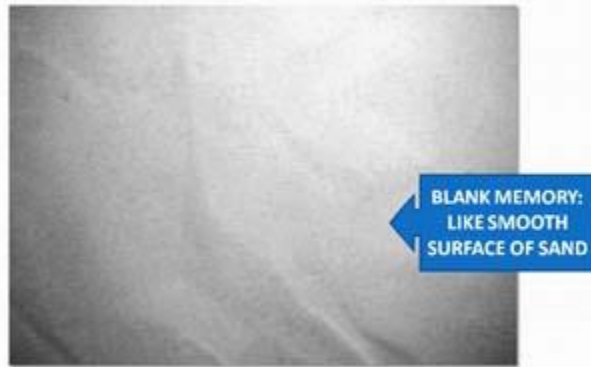
However by the end of the session you'll be able to lay on your bed and complete the separation even though your body is still wide awake. That means you can have a lot more OBEs faster and spend very little time in the boring relaxation stages.



Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

In order to do this you'll need to develop a solid stream of 'memory impressions'. Memory impressions are the how you access information in O.B.E.s without actually having any visuals, tactile sensations, sounds or any other sensory information at all.

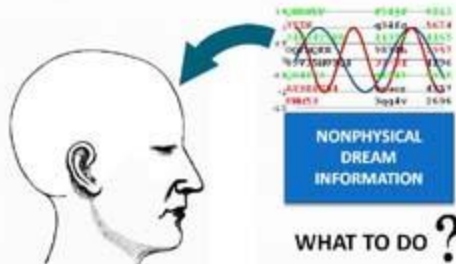
What Are "Memory Impressions"?



So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.

Dream Information & Memory Impressions

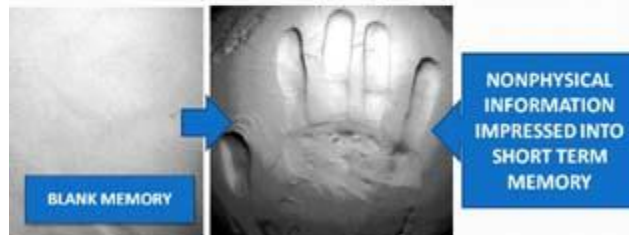
- How does the mind make sense of nonphysical information?



Second, imagine your mind comes in contact with a bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?

Nonphysical Information Impressed Into Short Term Memory

- Information is impressed in short term memory
- Similar to shapes impressed into clay
- This is what a **memory impression** is

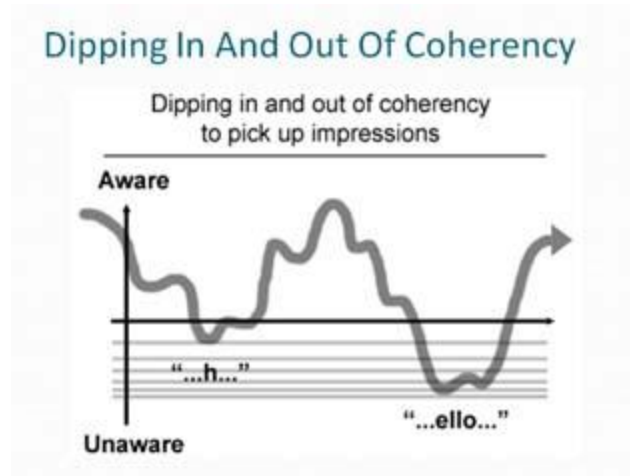


As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

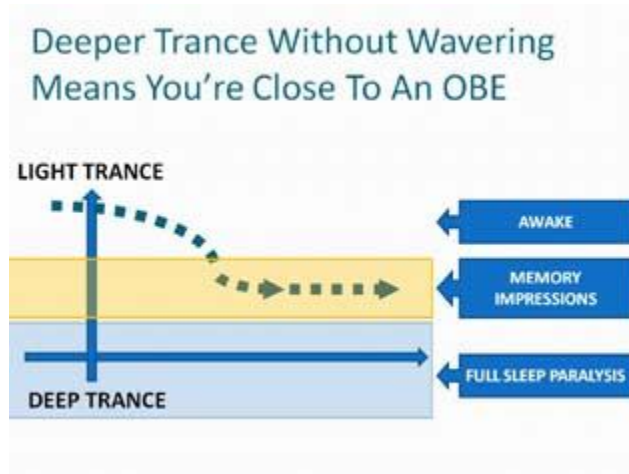
You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember what the landscape looked like but you can't remember exact moment when the landscape came into view.

The landscape is a concept that you find has been impressed into your short term memory much as if you were to impress the shape of a word into clay. You might not know how the impression got there but you

do have the information that the impression represents



In the course of your lucid dream induction you may find a lot of times memory impressions seem to be the result of dipping in and out of coherency. You dip down, pick something up, waver up again and find that you have an impression. Once you're back in conscious coherency you are operating with your perceptual filters again so you can't remember how you got the impression.



However at deeper levels of trance there is no dipping in and out of coherency and you find that you're getting a steady stream of impressions. At that point you'll can tap into your subconscious and gather sensory information from memory impressions without going into full sleep paralysis.



The third way you'll cheat to get is to use "trance

recycling". Trance recycling is where you enter into an O.B.E and then immediately flip it into another type of O.B.E. For instance, you'll learn how to turn lucid dreams into O.B.Es and O.B.E.s into lucid dreams.



You'll also learn how to do mental projections, phasing and teleporting O.B.E.s. By learning to flip in between these states you'll be able to multiply your progress and quickly rack up your first 100 OBEs.

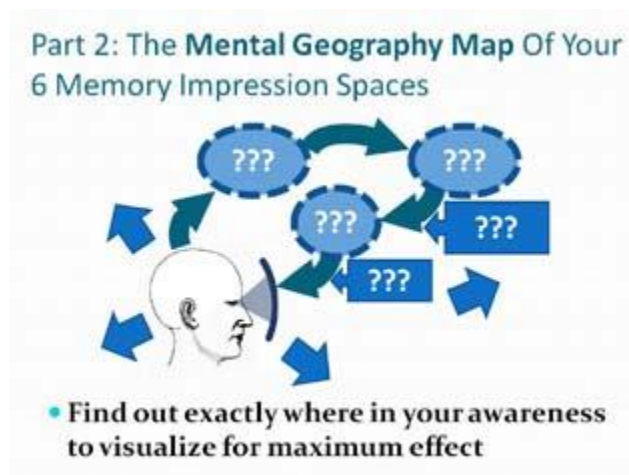
Inductionless O.B.E.s

- Early morning OBEs without feeling tired when you get up!
- **My favorite style**
- Requires virtually no effort once you set the system up
- **Combine with trance recycling to accelerate your progress**

The fourth way you'll cheat to get to 100 OBEs in 100 days is called "Inductionless O.B.E.s". Inductionless OBEs are my favorite style of accessing the subconscious because they allow you to have OBEs without messing up your sleep cycle.

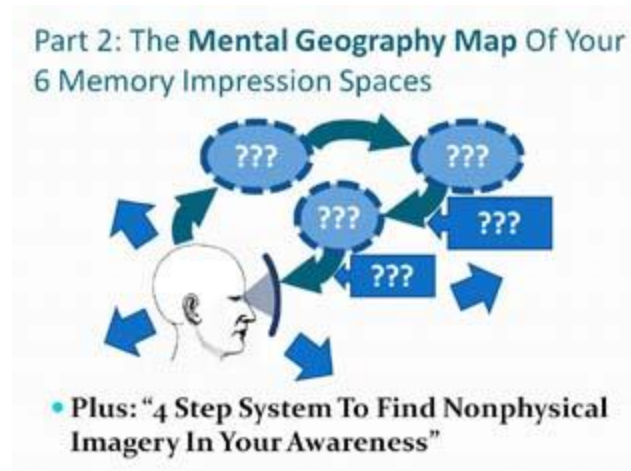
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

Inductionless O.B.E.s combined with trance recycling will accelerate your O.B.E. progress faster than you may even think possible.



So how do you do that? Well the location where you visualize something has a big impact on the results you get from the visualization. Most books tell you to visualize one thing or another without really telling you how or where to imagine it.

So in Lucidology 102 part 2 we'll cover the mental geography map and precisely define each of the 6 types of mental spaces to choose from. You'll find out how you can use each one for maximum effect to be sure you're visualizing in the most effective spot in your mind each time you do an OBE.



We'll also cover the 4 step system you can use to tell where the real imagery comes from. It doesn't come where most people look and by using the 4 step system you'll avoid biggest critical mistake that holds people back when they do visualization powered OBEs.

Part 3: How To Achieve A State Of Photographic Trance

- Gateway Loophole "Rapid-Fire" O.B.E.s
- Avoid The Main Big Time Wasting Mistake
- How To Recognize The 5 Types Of Trances
- Sense Nonphysical Information
- 3-S's Of "Automatic Memory Impressions"



Then in part 3 you'll find out how to achieve a photographic trance. This is the gateway loophole to "rapid-fire" O.B.E.s with the minimum amount of effort possible. Knowing this keeps you from making the main big time wasting mistake almost everyone makes when using visualizations to induce O.B.E.s. And we'll cover how to quickly sense when you have a stream of nonphysical information flowing to you by recognizing the 5 types of trances you pass through on the way to an O.B.E.

Part 4: The O.B.E. Blueprint & The Visualization Construction Toolkit

- The 6 Stages From Waking Awareness To O.B.E
- "What To Do And When" Chart
- "Visualization Construction Toolkit"
- The 4 Critical Ingredients That Every Visualization Must Have To Be Effective



In part 4 we'll cover "The O.B.E. Blueprint & The Visualization Construction Toolkit" where we'll cover the 6 stages from waking awareness to OBE & the exact visualizations how to move through each stage of trance. Then we'll cover the 4 critical ingredients every visualization must have to be effective.

Most of the visualizations you find in books only work for certain parts of an OBE induction so by answering these 4 key questions you'll be sure you have a complete system and you're not wasting your time.

Part 5: "Sneaky Speed Cheats" Mental Projections, Phasing And Rezooming

- Faster than normal OBEs
- How to open subconscious memory impression portals
- Recycle with rezooming



In part 5 we'll cover sneaky speed cheats using mental projections & phasing O.B.E.s. These are types of OBEs which you can do at much lighter levels of trance so you to get to 100 OBEs much quicker. I'll also show you a unique way to recycle trance in mental projections using a special type of memory impression that acts as a portal into your subconscious using a technique I called rezooming.

Part 6: How To Visit Places You Want To Go Using Teleporting



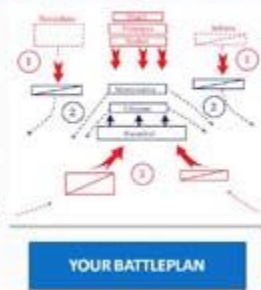
In part 6 you'll find out how to use "sense splitting" to teleport where you want to go. By using "teleporting" O.B.E.s you'll be able to specifically target locations you want to explore.



Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

The first part is the two week sleep training phase. You'll sync up your sleep cycle with the sun and I'll show you how to cure any amount of jetlag in a single day.

- **OBE practice routines**
- Find out your sleep type
- **Fit induction to your style**



Battleplan Part 2: 6 Week “OBE Workout” Phase

- **11 O.B.E. induction workouts**
- Each of the 6 major styles of O.B.E.s
- **Strengthen your skills**
- Discover your talents



Part 2 of the Battleplan is the 6 week "O.B.E. Workout phase" where you'll complete 11 O.B.E. induction workouts for each of the 6 styles of O.B.E.s. These OBE workouts will strengthen your skills and you'll

discover exactly which forms of OBE you have a talent for.

**Battleplan Part 3: 6 Week
"Rapid Fire OBE" Phase**



- Have a dozen or more OBEs per session
- Be lazy
- Make fast progress
- Average an OBE or more per day

**MAKE RAPID PROGRESS
WITH RAPID FIRE OBEs**

When you've identified your personal strengths we'll cover the 3rd step of the Battleplan which is the 6 week "Rapid Fire O.B.E. Training" phase. In it you'll find out how to have a dozen or more O.B.E.s in a single session the laziest way possible.

This will give you more than enough practice to start averaging an OBE or more each morning without interrupting your sleep cycle.

Here's What You Get

You can get instant access to the entire system right now. After you purchase it you'll download:

1.) 100 OBE System Videos Download (635MB)

- 9 videos totaling 90 minutes:
 - 1 How 100 OBEs Is Possible
 - 2 The Mental Geography Map
 - 3 Photographic Trance
 - 4 The OBE Blueprint
 - 5 Mental Projections & Phasing
 - 6 How To Do Teleporting OBEs
 - 7 Sleep Training
 - 8 OBE Workouts
 - 9 Rapid Fire OBEs
- These are in MPG format so they're absolutely guaranteed to play on your computer, no questions asked.

2.) Full Color Slides And Notes Download (12MB)

- 239 slides for the entire course.
- You can print out these PDFs to use as an easy reference guide.

3.) System Audios Download (80MB)

- The 90 minute videos converted to mp3 audio files
- You can listen to these on your computer, on your iPod or burn them to a CD.

4.) Private Members' Only Forum (External Link)

- Get help and tricks from other people who have done the 100 OBE System.

You can't get this information anywhere else!

Ready to get started?

Here's How To Take The Next Step

[Click here to get Lucidology 102: "The 100 OBE System"](http://www.lucidology.com/102) and start having the first of your 100 OBEs!

<http://www.lucidology.com/102>

I'll see you there!

Nick Newport

p.s. The sooner you start the faster you'll have your first OBE!